KEEP WELL AND STRONG.

Deep Breathing and Plenty of Fresh Air Are Essentials to This End.

Deep breathing can be learned by everybody it is difficult at first, but becomes second nature after awhile. And it should be practiced constantly, for it plays a very important part in beauty's programme, says the Brooklyn Eagle.

It is claimed that people who breathe naturally always breathe deeply. The Indian squaw who has never known a band around her waist breathes deeply. So does the little baby whose lungs have never been cramped. So does every human being until the time comes when the waist is compressed and the body dwarfed.

Deep breathing will reduce the weight one is fat and it will add flesh if one is thin. It is the greatest known equalment. It puts one in prime condition and one will soon be developed normally. In a short time one will be of correct weight for one's height and one's complexion will be improved.

Before trying deep breathing be sure that the atmosphere is good. The air should be free and pure all the time. There should be no useless bric-a-brac around. There should be no velvet or moth producing hangings. There should be nothing in the room, specially the sleeping room, that cannot be shaken out every day, or at least once a week.

The result of eleping in a room free of small articles soon becomes apparent in the health and complexion of the occupant. The lungs breathe good air free from microbes and there is plenty of breathing space. The rooms are not cluttered up.

To get the best results, sleeping or waking, have good, clear, pure air, and learn to breathe deeply.

To breathe deeply study the art of filing the lungs with fresh air full. Stand erect. Place the hands upon the hips, throw back the shoulders and breathe. The process is called abdominal breathing, and is taught in all the gymnasiums. In walking be sure to practice deep

ing, and is taught in all the symnastums.

In walking be sure to practice deep breathing. Draw in a long, deep breath.

Exhale slowly while walking. One can walk four or five steps while one is exhaling, and four or five steps more while one is drawing in the breath. Practice this and it will become second nature.

Practice deep breathing, every day, Loosen the clothing, stand erect, throw back the shoulders and inhale a full deep breath. Try to take ten deep breaths or long breaths, as they are called.

MARKING HOUSEHOLD LINEN Some Particulars Which May Be New and of Value to Many

Housekeepers.

The monogram is the most elegant form for marking linen, but the simple initial is perfectly correct. The same initial or monogram should be used on all household linea, only varied in size according to the sizes of the articles to be marked, says the Indianapolis Journal Fashion has set her seal of approval upon French laid embroidery in pure white mercerized cotton or linen, so, to be fashionable, this must be used. The letters on sheets, pillow cases and table cloths are usually three inches in height; for towels and dinner napkins two or two and one-half inches high and one or one and one-half inches high for small luncheon and breakfast napkins. Perforated patterns for marking can usually be found at fancy work shops, which will enable the worker to stamp her own linen accurately, which is essential to good embroidery work. "The size of the thread must be governed by the quality of the material to which it is to be applied; but one rule obtains. namely that it is better to use thread a little fine than too coarse, for the latter is sure to look humpish on a fine ground even though skillfully handled. Always stretch the stamped linen in an embroidery hoop before beginning work. Sheets are stamped exactly in the middle of the top end, about two or three inches from the hem, with the top of the letter toward the middle of the sheet so that the letter reads correctly when the sheet is turned back. Pillow cases are also marked in the same manner, with letters two inches above the hem, the hower end of letters nearest the hem. The letters on towels should be in the same relative position except when the end is ornamented with drawn work; then, of course, the embroidery should be above it regardless of measurements. Pillow shams are marked directly inthe center. On tablecloths place the letters, top upwards, either bias or straight with the corner and eight inches from the edge; on napkins in the same way with letters two and one-half inches from the edge.

Train Up the Parents.

The child's salvation must be won from within out and not from without in. All the laws and restrictions in the world cannot make a good man or woman out of the individual that is determined to seek the digreputable and the vile. What must save the boy or the girl is the pricciple instilled from earmest years by faithful love and authority, line upon line, precept upon precept. We must reach the wayward and reckless parent somehow before we can make much impression on the character of children that live at home. How this can be done is a problem that almost baffles solution - Portland Gregorian

Rhubarb Foam.

Stew six stalks of rhubarb with half a lemon rind, a stick of cinnamon and two cupfuls of sugar; when it has boiled down remove from the fire and pass through a sieve; beat one cupful of cream until, quite stiff, and stir into a pint of rhubarb. Serve in glasses when thoroughly chiled.—People's Home.

GIBRALTAR OF JAPAN

ONE OF THE BEST FORTIFIED PLACES ON THE EARTH.

Stronghold of the Island Empire
Where No Indications of Military Preparation Are
Manifest.

Moji is the Gibraltar of Japan.
Whether you arrive by land or by
sea, the place gives an immediate impression of culminating majesty, says
the London Daily Mail. Great hills
tower up in every direction, and behind them lie snow-clad mountain
peaks proudly topping them.

Here and there you spy openings on the rocky shore, artfully concealed natural harbors. A well protected channel takes you into the bay of Shimonoseki itself, and here, after a short journey, you come on the twin towns, Moji and Shimonoseki, on either side of the bay.

The hills, black and lined with mist, stand grimly round. Stacks of Titanic chimneys on the low levels of Moji vomit forth thick smoke, recalling the horrors of Pittsburg. Ten thousand craft, from the 8,000-ton Harland & Wolff steamer to the antique junk, lie packed around. Stacks of coal, almost mountains in themselves, are one great center of work. An almost unceasing succession of trains adds to them, while myriad workers bear the accumulating loads to lighters near by. The locomotives you notice are Baldwins, and the coal trucks are the newest pattern-steel, automatic emptying. The open fires burn weirdly on the native boats. There is a feeling of hasto in the air.

In the air.

In the harbor, both on the Moji and the Shimonoseki sides, the native craft are emptying and filling with great speed. Packages covered with matting are being swang on the backs of tire.ess coolies or swang on evermoving cranes. In the deeper water the great steamers are lying, surrounded by coal barges, and an army of women and men is coaling them by hand with a rapidity no machinery can rival. This is not the sleepy orient, but

has the spirit of the bustling west. It is hard to realise that around here is one of the best fortified spots on earth. Every trace of the gigantic military and naval preparations now proceeding in the neighborhood is as carefully covered as possible. The hills around are honeycombed with forts and protected by artillery at every point, but one looks in vain for the guns. The supplies now being landed from a thousand junks are, everyone is aware, for military use. But there are no men in uniform supervising. Tens of thousands of troops lie ready within a brief march; but there is not a soldier on the streets. The scenery,

at least, is typically oriental. Those who are enraptured with the poetic side of Japan would receive a shock from the streets of Moji, or its sister town. Shimonoseki They are as prosaic and as dirty as those of the worst parts of the Black Country. Everyone hears the traces of toil. The streets are narrow and tortuous, and have that indescribable "slummy" smell (the nearest approach to a deacription can be a combination of the odors of boiled cabbage and spilled paraffin) familiar in the back streets of London. The children too often show plain traces that their mothers are busy at other work than caring for them. The roadways are without footpaths, and on wet days are anything but pleasant. Drainage is exceedingly primitive. Every shop has its front open all day even in these winter

The streets are ever a tangled confusion of pavement merchants, of patient coolies carrying heavy burdens, of laughing children, of rare horses or rattle carrying provisions, of shouting rickshaw men. Even here, in a place where foreigners are counted by the units, many of the men, but practically none of the women, have put on European garb.

Shimonoseki and Moji have been the renter for two of the most momentous events in modern Japanese history. It was here, in 1858; that the fleets of the great powers came to punish Japan for some offenses against foreigners. Many men still living near by took part in that conflict, and they say (whether rightly or not, I have no means of knowing) that the Marquis Ito himself was among the defenders. The fleets shelled Muji, and the people mounted their batteries and vigorously replied. But every Japanese shot fell short. The result of that hombardment was not merely local ruin at Mojl, but stretched out to the overthrow of the old Japanese feudalism and the inception of a new ideal of an occidentalized

orient

It was therefore fitting that this same bay, which had witnessed the humiliation of the old should be the scene of the crowning triumph of the new In 1995 Japan proved, by force of arms her power to enter the ranks of the world-nations. China lay defeated before her despised rival, and it was to Shimonoseki that Li Hung Chang, China's cuvoy, came craving and obtaining, peace.

Woes of the Wayfarer.

Gritty George Poor old Dusty! It's a pity he can't get something to fit

mid

Bandy Pikes—Can't he, really?
"No His trousers are too big, an'
day make him look like a dude; his
hat is too big an' it gives him de appearance of a college man, while his
collar is too big an' it makes him look
like a preacher"—Chicago Daily News.

Professional Love.
- First Actress - Did her acting electrify
the audience?

the audience?
Second Astress—Yes, it shocked most of them —Judge.

HINDOOISM AND THE ZONE.

Exposition of the Theory of Transmigration by One of the Swami.

As is well known, a great majority of Hindoos are firm believers in the transmigration of the soul. The doctrine, however, is but imperfectly understood in Christian countries, says a London paper. Students of philosophy will be glad of the explanation which a Hindoo swami who signs himself "Ananda M" gives of what transmigration really signifies to the Buddhist. Twenty-five pages of close reasoning lead him to the conclusion which he gives in the following targeranhs:

lowing paragraphs: "To live in love with all that lives, not seeking or not earning for to-morrow's guerdon; to make of his life an oasis in the desert of self-desire; to strive ever, even here and now, after true love and wisdom and the perfect peace-this is for the Buddhist the supreme ideal, the glory of his dhamma and the hope of all his ways. All else-all thought of future gain on life for self-is but a mockery and delusion. As something real true, as Buddhaghosa tells us, there rises in us the thought 'lam,' I was, or I shall be.' And it is all illusion, the dewdrop deeming itself a permanent and separate entity, though the waters which compose it lay yesterday in the ocean's depths and with the dawning light will rise and melt into the wandering airs.

"But if this universal life be everchanging, sorrowful and without a soul there is still, our religion teaches, an end and a cessation. Thought is the creator of these worlds, the builder of this earthly tabernacle, the maker of illusion, and to him who gains the victory over thought comes in this life unutter-, able peace. He is the victor who here and now has triumphed over ignorance; who has overcome all passion, hatred and illusion and has passed where nevermore the woes of earth can come. To him is joy beyond all joy we know—the joy of liberation from this vanity of life; who knows that for him rebirth is finished and his toil at end, and that when death shall claim his body there will be no more of change or sorrow or delusion, even as the master has said:

"Decay must come to all that is.
Impermanent the elements of life!
What has been born must tease to be;
Burely in cessation alone is happiness!"

MORALITY OF THE JAPANESE

There Is an Element of Adroit Evasiveness in Their Character That Is Objectionable.

While the Japanese mind stands for poetry, color and refined philosophy, there is an element of adroit evasiveness in the character of the people that would make a Japanese domination of Asia a serious barrier to the civilised advance of the rest of the world, even if such domination did not prepare for a future Mongolian invasion of Europe, says Harold Bolce, in "If Japan Should Win,"

in Booklovers' Magazine. Japanese standards of business are not favorable to the development of American trade. Among these acts is one which an American consul has called to the attention of the United States government. It is the wholesale appropriation on the part of citizens in Japan of American trade-marks. Enterprising American manufacturers have for several years been building up a trade in Japan Bicycles, typewriters, safes engines, telephones, watches, guns, scientific instruments and hundreds of other articles were being introduced. But now a snag has been encountered which nullifies much of the pioneer commercial activities of American shippers and manufacturers. The Japanese, being incomparably clever in imitation, engaged in the manufacture of the same kind of goods. So long as they confined themselves to competition it was simply a contest in price and workmanship. But the Japanese have not stopped there. They have secured in the patent office at Tokio registration for themselves of the actual trace-marks of American and other foreign articles, and are now manufacturing these goods in Japan,

name and all.

Furthermore, they have gone into the courts and obtained judgment for damages from American firms for selling American commodities bearing Japanese trade-marks! In other words, they have stolen the good name of American articles and are now invoking Japanese law to prosecute the victim. It is not surprising that the reputable dealers who have suffered from this Asiatic outrage upon commerce foresee in the Japanese advance a possible menace to the trade expansion of the rest of the world.

Up-to-Date Bath.

Much the worse for alcohol, a young fellow entered a Washington bath parlor early the other morning. He pushed the dents out of his hat, walked to the office counter with great confidence, and announced that he wanted a bath.

"What sort of a bath?" the clerk asked, as he pushed the register toward the unstrady customer.
"What kind yer got?"

"O, we can give you a Turkish bath"

"Had too many of them already; can't yer give me something new?" "Yes, we can give you a medicated bath."

"I don't want no quarks workin' on me. No gold cure for Willie" "Well, we can give you a Russian bath"

"Not if I know it. Just give me a

Japanuse bath That's my ticket."

—Washington Times.

His Belief. "Do you think that dollars should dominate our politicians?"

"Not at all," answered Senator Sorghum "Quite the contrary. I believe that every politician should make it his business to cominate as many dollars as possible. Washington Star.

ATHLETIC GAMES IN SYRIA.

The Customs of the Crientals Are Undergoing a Gradual Transformation.

Oriental peoples are very averse to physical exercise of any kind, says the World To-Day. Their idea of enjoyment is to sit under an awning and play backgammon. That a man should go out and run around a track in shameless nakedness, and this with a hope of gain, only confirms them in the belief that all Americans are mad. But they are imitative people, and years ago the influence and example of the younger teachers got a few of the preparatory boys out for footraces. That day, for Beirut, at least, the death blow was struck to the picturesque dress of the orient. You can't run a 100-yard dash with long. baggy drawers and a silk gumbez that flops around your ankles. Even if you "gird up the loins," by tucking your skirts into the sash, the effect is more startling than speedy. So, one by one, the students ordered trousers from the city tailors. At first they were poorly cut, and viewed with suspicion; but to-day there are not three men in the collegiate department who wear the old costume, and many of the students dress with taste and an elegance that their professors cannot afford to emulate.

Tennis and basketball soon won their place in the students' favor, and now we have gymnastic apparatus and a regular graduated athletic director. who has learned physical culture and boy nature through a long experience in the gymnasiums of America. But -it was football that did the most toward unification. The value of team work is a new idea to the eastern college men. The old idea was that of "every man for himself". It has been so since the time of Alcibiades and Absalom. If it had not been so, the history of the world might have been different. It was comparatively easy to see the joy of winning a footrace or a tennis match; but to play an untheatrical part in a football game, obeying a captain, and working for the good of the side, that was a very different thing. We always play the "association" game, and it used to be the ideal of every player to get the ball and carry it down the field all by himself, while the audience cheered: "Bravo, Jurjy!" So we arranged matches with the crows of visiting British frigates, and from sad experience our boys learned the value of back plays and frequent passes, and began to see dimly the truth that good football is played, not with the legs or the mouth, but with the head, and that hard teamwork is far better than grand-stand plays. That lesson may

PRESERVING MEAT BY STEAM

change the map of Asia some day

An Australian Method That Is Largely Employed on the Large Steamships.

"Keeping meats sweet and pure in a refrigerator by means of steam sounds a bit queer, doesn't it?" I was asked by George L. Cameron, superintendent of a meat-packing establishment, who continued in explanation without awaiting an answer, says the St. Louis Globe-Democrat. "Net that is a method now in vogue on the big steamers which carry meats from this country and from Australia to Europe. Meat placed in refrigerators, where the atmosphere is kept continually at 36 to 40 degrees, will remain free but not entirely untainted for an indefinite period.

"I think Australians solved the problem first. They worried over the subject for a long time and adopted expedient after expedient, tried experiment after experiment, but all without avail, until some one thought of using steam to volatilize the gases which caused these annoying conditions and draw them off. A steam pipe was placed in a wooden duct at the bottom of a refrigerator chamber stored with meat; the gases of this kind are low-lying and the duct led directly to the brine tanks. This experiment occurred at Sydney and for 89 days the refrigerator compartment was kept closed, at the end of which time it was opened, the meat drawn forth and every piece thoroughly tested. It was as fresh and pure, without the slightest suggestion of bons odor or mold, as on the day it was packed. The gases had been volatilized by the steam, carried off by the wooden duct, and the entire noxious condition purified by the brine tanks With this aid to the refrigerator process; provided care be taken that the temperature never falls below freezing point, save occasionally, so that the meat will not become frozen, meat may now he kept for years and be perfectly fresh when taken forth for consumption."

Woman's Right to Propose. The alleged custom of women proposing, or having the right to propose, marriage in leap year is said to have had its origin in an act of the Scottish parliament, passed in 1228, a leap year. The act is: "That during ye reign of her maist blessed majestie. Margaret, ilka maiden ladee of baith high and lowe estait, shall hae libertie to speak ye man she likes. If he refuses to take hir to bee his wyf be shall be mulct in the sum of ane hundridty pundes, or less, as his estait may bee, except and alwais he can make it appeare that he is betrothit to anither woman, then he schal be

The Kaiser's New Palace. The government appropriation for

Kaiser Wilhelm's new palace in Posen is 3,000,000 marks (\$750,000), but the cost of the building will greatly exceed this before it is finished. The ministers wanted a grant of \$1,250,000, but this was refused. By having a suitable residence in east Prussia, the kaiser hopes to hasten the process of making Germans out of Poles.—N. Y. Mail.

Figure paramadaire 28.00

AFRICAN RAILWAY WORKMEN

The Man in Charge Often Acts as Police Judge and Executioner of His Gang.

The old slave traders have built up a very fair type of negro at the coast, and it was here we engaged most of our natives, says A. B. Lueder, who had charge of the erection of American viaducts on the Uganda railway, in the Engineering News, these men knowing something of the white man's work and being willing to agree to stay with us for six months or longer. The interior negro is, generally speaking, a useless fellow, with the exception of the tribes just north of Lake Victoria, the Waganda, from whom we had some men, whom we found fairly intelligent, although extremely lazy

The bast and most faithful workers came from German territory, the Wanwumwazi, who are, as a rule, good, stalky, strong men who will stand a great deal of really hard work. These men had generally seen service on the great carayans which entered this region for trading purposes and slave capture or exploration. They were old hands at carrying loads on their heads, but the handling of bridge from was a new proposition and necessitated a very considerable amount of teaching. A serious fault of these men was that they would get tired of working and wish to go home about the time they had searned to do our work and we would have to procure new labor. These men we hired for ten rupees, or about \$3.30 a month, and food, which cost us about three cents per day, the food consisting entirely of rice, 11/2 pounds a day,

and a pinch of salt. In handling these men it was necessary almost to go back to old slave days. They could be punished in no way except by the whip or by fining them. The latter method was undesirable in most cases and not effective. so that it was necessary to hand the culprits over to the police, who carried away your laborer and thus deprived you of a man whose place you could not fill immediately. The only alternatives were to either overlook, the offence or act as police, judge and executioner yourself. This latter plan we found effective in most cases and to be favored by those in authority in the country; in fact, the man in responsible charge of work was made an officer of the law with the power to deal with trivial crimes in cases where the police were not earll yaccessible.

A HUMORIST IN LOVE.

His Whole Anatomy Was Riddled Like a Ripe Apple Perforated with Bird-Shot.

A certain young humorist once fell violently inclove with a pretty gir who make had met for the first time. The strength of his attachment may be gauged, says London Tit-Bits by the following letter which he incited to her:

"My Dear Miss M: Every time I think of you my heart flops up and down like an excited eet in a fish basket. Sensations of unutterable joy caper over it like young kittens on an outhouse roof, and thrill through it like broken by tiles on the warden wall through the garments of the accturanthist. As a gosling swimmeth in a mind puncle, so I swim in a sea of glory. Visions of ecstatio rapture thicker than the hairs of a blacking brush visit me in my slumbers, and borne on their invisible wings. I reach out to grasp your image like a terrier snapping at a bluebottle fly.

"Since the light of your face fell upon my life I sometimes feel as if I could lift myself up by my boot-jack to the top of the church steeple and pull the bell ropes for morning school

"Day and night you are in my thoughts, and whenever I think of you my heart, like a piece of gutta-percha, seems attetched across my bosom

"Your hair is like the mane of a cheetnut horse powdered with gold, and the
brase pins skewered through it fill me
with unbounded awe. Your forehead is
smoother than the show of an old coat,
and your eyes are glorious to behold.
In their liquid depths I see legions of
Cupids bathing like a cohort of ants in
an old Wellington hoot. When their
fire hit my manly breast it penetrated
my whole anatomy, as a charge of birdshot goes through a ripe apple.

shot goes through a ripe apple.

"If you cannot reciprocate my thrilling passion, I shall pine away like a
poisoned fly, and fall from the flourishing vine of life an untimely branch. And
in coming years, when the shadows fall
from the hills and the cornerake sings
his cheerful evening bymn, you, happy
in another's love, can come and drop a
tear and catch a cold on the last resting
place of yours affectionately, H."

Almost a Giveaway.

"I told him that I gave him all my love"
"Yes?"

"Yes?"
"And all my life."

"Yes?"
"That I was his, heart and soul, for time and eternity."

"And then I asked him what his income was. He said a thousand a year."
"Well?"

"Gee; but 1 felt cheap!"—Houston

The Limit.
Shopleigh—My wife is a slave to the bargain-hunting habit.
Gingerly—Is that so?

"Yes; I actually believe she would die happy if the was assured of being laid out on a bargain counter and buried as a remnant."—St. Louis Star.

Cockchafer as Food.

Although the cockchafer is an insect long known to science, it has remained for a sect of epicures in France to decide that this brand of bug is a fine thing to eat. When properly prepared, they say, it is a tidbit fit for a king.—N. Y. Times.

CROSS AGAIN FASHIONABLE.

Ornament of the Olden Time Is
Once More Popular with the
Women.

Are you wearing a cross about your neck or on your watch fob or chain these days, madame, or mademoise le or little missy? If not, you have missed the latest note in tashicuable, ceroration, says the Chicago Record-Herald. The cross is the most popular ornament of all just now.

Your grandmother were a cross, most certainly, your mother in all probability, if you have passed the fiftieth milestone. The grandmother's cross was of jet, silver, coral, enamel, or dull, Leavy gold. The cross you used to admire and long for as it swung against your mother's biack satin bodice or lace collar was most likely of silver. You always intended, as a child, to buy such a cross and wear it just as soon as you were able to earn money, if, indeed, no kindly souled incividual presented you with one at an earlier period. But for you there has been no crnamental cross until of quite late cars.

of quite late cays.

Ten years ago a Chicago woman, wishing to make a friend a wedding present, decided upon a silver cross, to be suspended from a delicate silver chain. The chain was soon found and purchased. The cross, upon which the prospective giver had set her heart for reamons sentimental and otherwise, was not no easily discovered.

"We have no call for ornamental crosses. Such things are only made in response to special demands."

So the jewelers and silversmiths informed the anxious seeker, who began to fear she must select some other present. When, at last, the desired trinker came to her it was the result of a lucky wond."

"find"
Nowadays however, the cross is exceedingly popular made in all kinds of metals. The grandmother's and mother's crosses have been drawn from their hiding places, restrong upon chain or bead necklaces, proudly exhibited upon the persons of up-to-date young women. The artistic jewel and metal workers have duplicated these crosses with charming quaintness, and exactitude, and have varied the original designs in many charming ways.

The long, slender cross is the style most favored, although the square, short-armed variety has also its followers. Silver is, perhaps, the most popular material although every variety of metal from fretted gold to beaten copper is used for these decorative emblenis. Every kind of jewel from diamonds to the comparatively inexpensive gems are used and Greek and Latin inscriptions faint tracings or heavily hammered patterns enrich their beauty But the perfectly plain cross of some coking metal is quite as generally admired. especially if it be of the artistic "green gold' or dul. Sliver And the woman who can draw from her family treasure chest a "really truly" age-yellowed cross of carved ivery need never bewail her luck in future. Long neglected attics antique shops and forgottelt jewelcashete are all being ransacked in search of such treasures

The renewed permiarity of the cross as an ernament is variously ascribed to the excling swing of time and the reviva, of old styles, old somes and other favorities of cave long vanished to the continually increasing list of religious and other societies using the cross as at distinguishing emilien "and to the desure for some rival of or change from the lopp-used locket as a finish for the ever popular gold or healt chain. Whatever the reason the crnamental cross is in ubiquitous evidence these days and the woman who has no effess wherewith te adorn her person is apt to feel decidedly cross in mind.

MODERN WAR NOT DEADLY. Official Figures Show That a Very Small Percentage of the Wounded Die.

If armies were now to fight in such close order and at such close quarters as they used to do in ancient times. the slaughter would unquestionably exceed anything of which history gives record. But in direct proportion as the rapidity of fire and range of guns are increased, the distance between contending armies is increased. When guns are made to shoot further and with greater accuracy and rapidity. those against whom their fire is directed are removed so far out of range that it is the rare exception, not the rule, that a shot finds a human target. It is estimated that not one in a thousand of the rifle balls fired in a modern battle hits anybody, and when there is a hit, the chances of the wound being fatal are not more than one in five, for the vital area of a man when presented as a target to a rifle ball is not more than 20 per cent. of the total area exposed, so that out

of 100 hits 80 are in non-vital parts.

Official figures show that a very small percentage of the wounded die in modern warfare, says Woman's Home Companion. According to recent statistics, more than 85 per cent, of the wounded recover, and about one-third of the deaths from wounds occur before relief reaches the sufferers on the field. Of course, if it were not for the valuable service of the ambulance corps, Red Cross societies and the wonderful skill of present-day surgeons the loss of life would be far

Matter of Principle This Time.

"How's this. Rastus? Have you quit waiting in that restaurant again?"
"Yes, sub. I's on a strike agin."
"I thought you arbitrated your differences with the proprietor months."

"Dat wuz a question o' wages, sub.
I done abbitrated dat, but dis is
diff'unt. De boss tole me I mus' shave
off my mustache, an' I won't abbitrate
dat wid nobody. Dat's a blow at my
manhood, sub!"—Chicago Tribune.

L'ABEILLE DE LA NOUVELLE-ORLÉANS

Les tre strandte en legislate et dans tota les Etats du Bud. Alla publishé offre donc au commerce des avantages exceptéennels. Prix de l'absonnement, nu l'existe : Entiter Onotidienne 112.061